

Spaghetti and Meat Sauce

Meat-Vegetable-Bread Alternate

Main Dishes

D-35

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	8 lb 10 oz		17 lb 4 oz		1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions OR	6 oz	1 3/4 cup	12 oz	3 1/2 cups	
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour. CCP Heat to 155 degrees F or higher for at least 15 seconds.
Black pepper		1 1/2 tsp		1 Tbsp	
Canned tomatoes, with liquid, chopped	4 lb 4 oz	2/3 No. 10 can	8 lb 8 oz	1 1/3 No. 10 cans	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Water		1 1/2 qt		3 qt	
#Flaked basil		3 Tbsp 2 tsp		1/4 cup 3 Tbsp	
#Flaked oregano		3 Tbsp 2 tsp		1/4 cup 3 Tbsp	
#Flaked marjoram		2 Tbsp 2 tsp		1/4 cup 1 Tbsp	
#Flaked thyme		1 1/2 tsp		1 Tbsp	
Water		3 gal		6 gal	3. Heat water to rolling boil. Add salt.
Salt		1 Tbsp		2 Tbsp	
Spaghetti, broken into thirds	3 lb 1 oz		6 lb 2 oz		4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
					5. Stir hot spaghetti into hot meat sauce.
					6. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					7. Portion 3/4 cup per serving.

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Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/2 cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1 1/4 cups Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	3 lb 7 oz	6 lb 14 oz

SERVING:	YIELD:	VOLUME:
3/4 cup provides 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate	50 Servings: about 2 3/4 gal	50 Servings:
	100 Servings: about 5 gal	100 Servings:

Nutrients Per Serving			
Calories	288	Saturated Fat	
Protein	18g	Cholesterol	49mg
Carbohydrate	16g	Vitamin A	75 RE/628 IU
Total Fat	12g	Vitamin C	14mg
Thiamin	.20mg	Riboflavin	.24mg
Phosphorus	180mg	Potassium	526mg
		Iron	3mg
		Calcium	44mg
		Sodium	191mg
		Dietary Fiber	
		Niacin	4.73mg